



LAPRAAC/LAPD INTRA-DEPARTMENT BENCH PRESS CONTEST ENTRY FORM Spring 2018



DATE: FRIDAY, APRIL 13, 2018

LOCATION: LOS ANGELES POLICE ACADEMY GYMNASIUM (ELYSIAN PARK)

TIME: 0900 HOURS

AWARDS: INDIVIDUAL & TEAM AWARDS – 1ST THROUGH 3RD PLACE

COST: \$20.00 – PAYABLE TO LAPRAAC

PLEASE FILL OUT THIS APPLICATION AND BRING IT WITH YOU WHEN YOU WEIGH IN. WEIGH IN DATES WILL BE AT ELYSIAN PARK ACADEMY- ATHLETICS: **WEDNESDAY, APRIL 11TH** AND **THURSDAY, APRIL 12TH**

NO REGISTRATIONS AND NO WEIGH-INS ON DAY OF COMPETITION – NO EXCEPTIONS

PLEASE PRINT LEGIBLY

Last Name: _____	First Name: _____
Work Phone: _____	Cell Phone: _____
Home # _____	Email: _____
Division/Area currently working: _____	Serial # _____

Male: Female: Age: _____

Weight Classes:

Weight Classes:

123½: ↓123½ lbs 132's: ↑ 123½ lbs - ↓132¼ lbs 148's: ↑ 132¼ lbs - ↓148¾ lbs 165's: ↑ 148¾ lbs - ↓165¼ lbs 181's: ↑ 165¼ lbs - ↓181¾ lbs 198's: ↑ 181¾ lbs - ↓198¼ lbs 220's: ↑ 198¼ lbs - ↓220¼ lbs 242's: ↑ 220¼ lbs - ↓242½ lbs 275's: ↑242½ lbs - ↓275½ lbs ↑275½: ↑275½ lbs	Additional Classes – <i>Female Only</i> 97: ↓97 lbs 105's: ↑97 lbs - ↓105¾ lbs 114's: ↑105¾ lbs - ↓114½ lbs 123's: ↑114 ½ lbs - ↓123¼ lbs 132's ↑123¼ lbs - ↓132¼ lbs 148's ↑132¼ lbs - ↓148¾ lbs 165's ↑148¾ lbs - ↓165¼ lbs 181's ↑165¼ lbs - ↓181¾ lbs 198's ↑181¾ lbs - ↓198 ¼lbs	Age Categories (as of competition day) <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; text-align: center;">Men</td> <td style="width: 50%; text-align: center;">Women</td> </tr> <tr> <td style="text-align: center;">18-29</td> <td style="text-align: center;">18-29</td> </tr> <tr> <td style="text-align: center;">30-39</td> <td style="text-align: center;">30-39</td> </tr> <tr> <td style="text-align: center;">40-49</td> <td style="text-align: center;">40-49</td> </tr> <tr> <td style="text-align: center;">50-59</td> <td style="text-align: center;">50-59</td> </tr> <tr> <td style="text-align: center;">60-69</td> <td style="text-align: center;">60-69</td> </tr> <tr> <td style="text-align: center;">70-79</td> <td style="text-align: center;">70-79</td> </tr> <tr> <td style="text-align: center;">79+</td> <td style="text-align: center;">79+</td> </tr> </table>	Men	Women	18-29	18-29	30-39	30-39	40-49	40-49	50-59	50-59	60-69	60-69	70-79	70-79	79+	79+
Men	Women																	
18-29	18-29																	
30-39	30-39																	
40-49	40-49																	
50-59	50-59																	
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79+	79+																	

NO WEIGH-INS ON DAY OF COMPETITION & NO EXCEPTIONS

Contact: Lucy Bañuelos, Athletic Director 323-221-5222 Ext 228 OR 219

Email: ibanuelos@lapraac.com

WEIGH IN DAY #1: WEDNESDAY, APRIL 11TH (1500-2030) 3PM-8:30PM

WEIGH IN DAY #2 THURSDAY, APRIL 12TH (0730 -1600) 7:30AM-4PM

For Official Use Only

Body Weight _____ Opening Lift _____ Tee Shirt Size _____